



RED SPLIT LENTIL SOUP

Makes 4–6 servings.

This is a hearty, thick, and nutritious winter soup, which also freezes very well.

INGREDIENTS

- 4 tablespoons extra-virgin olive oil
- 1 onion, finely chopped (see note)
- 2 garlic cloves, finely chopped
- 1 teaspoon turmeric
- 2 carrots, coarsely chopped
- 1 potato, coarsely chopped
- 2 cups red split lentils
- 6 cup vegetable broth
- Kosher salt
- Freshly ground black pepper

PREPARATION

1. Heat the oil in a large saucepan and sauté the onion and garlic for a minute.
2. Add the turmeric and the remaining ingredients. Bring to a boil, reduce the heat, and cook, covered, for about 40 minutes, until the lentils are soft. It is important to stir the soup from time to time.

NOTE

I chop the vegetables in a food processor fitted with the steel blade.

The garlic and onion I chop together, carrots and potato separately. Be sure to quarter the vegetables first.